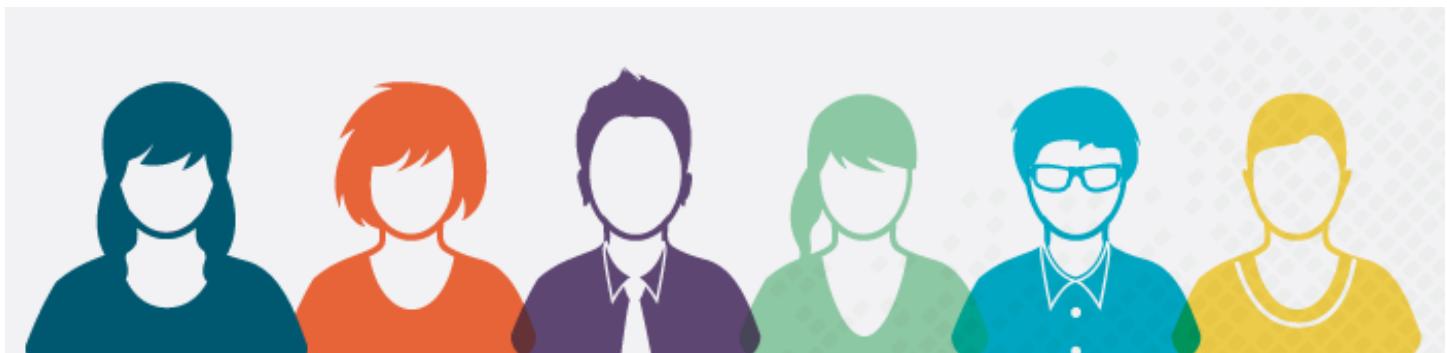


User Manual-Healthy Eating



Users

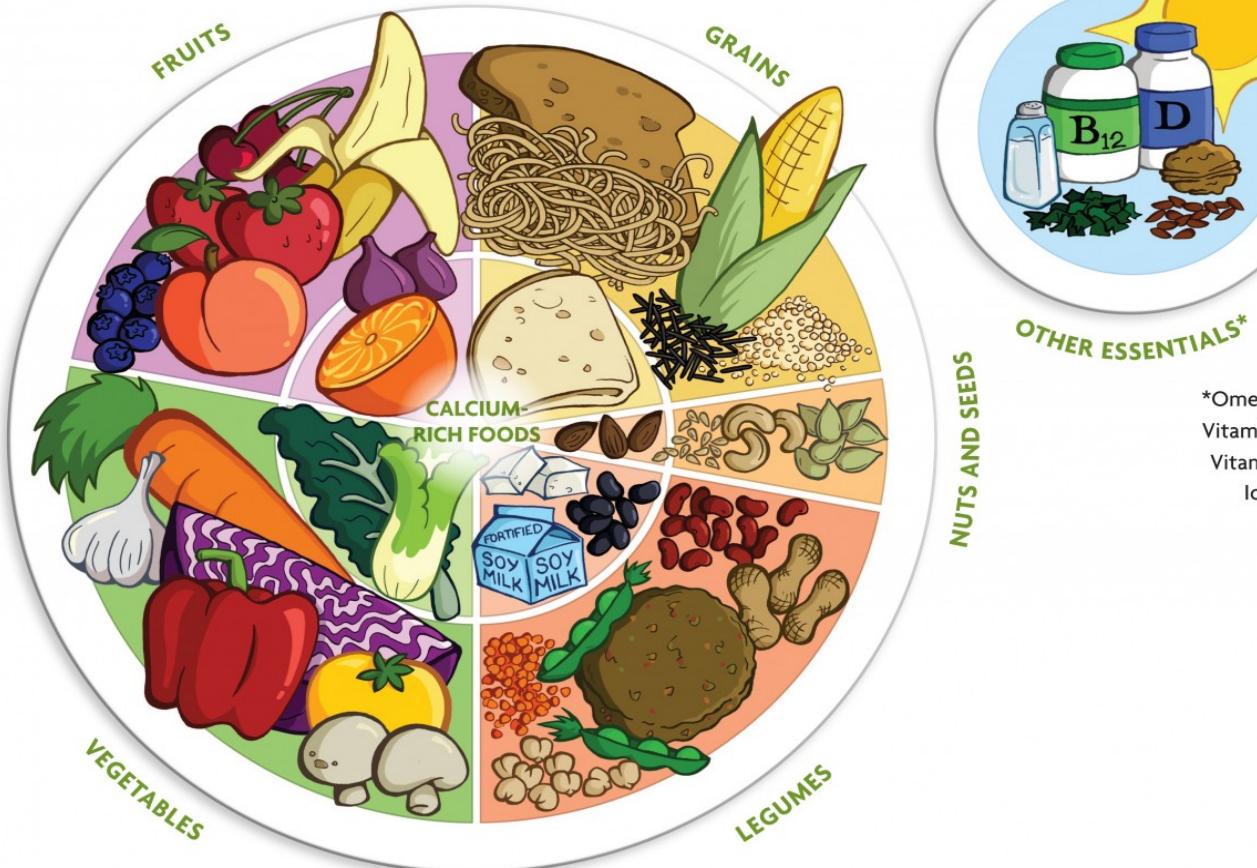
The target users for this application are fitness and nutrition enthusiast. The majority of the users range between the age for 20-30 and this category of users are more involved in healthy eating and nutrition.



User's need

The website caters a wide range of healthy food options for those who are looking for inspiration to eat healthy in their day-to-day life. The users can buy these recipes after reading its description. They can also view about its nutritional values and macronutrients.

THE VEGAN PLATE



Problem

Users require a one-stop application that allows them to view healthy food options and buy the recipes; they should also be able to swap an item if they don't like it.

Solution

The “Healthy Eating” website is a place to view healthy food options, it allows users to swap the recipe with other options available. The application also allows users to rate the food item and thus give feedback. The target users are people who are health conscious and those who are looking for food inspiration to stay motivated in continuing their healthy lifestyle journey. The application allows users to swap to a different item from the different categories listed. In future enhancements it is ideal to allow users to access step-by-step instruction for the recipe and also allow them to share to external sites, like Facebook or Pinterest. Vegan and Gluten-free are the 2 main category presented to the user, there are 3 sub-category under each based on the type of food. This is a basic application that allows users to register and view food options, in future versions it can allow users to buy the recipes and also allow users to create their own category and add items.

How to use this application:

Once the application is connected to the local host. The home page is displayed with a welcome page. To sign in as existing user, use the following information to log in.

Email Id	Password
tganesh@gmail.com	Chennai
lganesh@gmail.com	Charlotte
vganesh@gmail.com	Newyork

The screenshot shows the login interface of a web application. At the top, there is a navigation bar with a logo on the left, followed by three links: "Sign In", "My Items", and "My Swaps". On the far left, there is a vertical sidebar with menu items: "Home", "Categories", "About", and "Contact Us". The main content area features a large image of various fruits and vegetables. Overlaid on this image is a white rectangular form for logging in. The form contains fields for "Email" and "Password", each with an input box and placeholder text ("Enter Email" and "Enter Password"). Below these fields is a yellow "Sign In" button. At the bottom of the form, there is a link "Don't have an account? [Register](#)". The footer of the page includes a copyright notice: "© Iganesh - Healthy Eating".

For new users, the register link will navigate to a registration form. The user is expected to fill the form with valid input details. Once submitted a new user is created.



[Sign In](#) | [My Items](#) | [My Swaps](#)

[Register](#)

[Home](#)

[Categories](#)

[About](#)

[Contact Us](#)

Sign Up

Please fill in this form to create an account.

First Name

Enter First Name

Last Name

Enter Last Name

Address 1

Enter Address 1

Address 2

Enter Address 2

City

Enter City

For new users the items need to be manually added using database script. But for the existing users the items have already been manually added to the database.



Welcome, user2

[Sign Out](#) | [My Items](#) | [My Swaps](#)

[Home](#) > [My Items](#)

[Home](#)
[Categories](#)
[About](#)
[Contact Us](#)

Swap Healthy Recipes

Item	Category	My Ratings	Swapped		
OATS COOKIE	Cookie:Gluten Free	★ ★ ★	Available	Update	Delete
VEGGIE BURGER	Burger:Vegan	★ ★ ★ ★	Available	Update	Delete

Legend : swap offer available already swapped

The user can update the list using the “update” button, which will take them to the category page.

A screenshot of a web application interface. At the top left is a logo with a fork and knife icon and the text "HEALTHY EATING". At the top right are links for "Sign In", "My Items", and "My Swaps". Below these, a breadcrumb trail shows "Home > Categories". On the left, a sidebar menu includes "Home", "Categories" (which is selected and highlighted in pink), "About", and "Contact Us". The main content area has a pink header "Categories". Underneath, there are two sections: "Vegan" containing "Tofu", "Potato", and "Burger"; and "Gluten Free" containing "Pancake" and "Noodles".

The user can choose an item and click the swap button to update. The application will ask the user about which item they want to update. The user is expected to select their desired option. Once the user confirms the swap, the items page is updated. The delete button is used to delete an item.

A screenshot of a web application interface showing a swap confirmation for a "TOFU SCRAMBLE" item. The top bar includes a logo, "Welcome, user2", "Sign Out", "My Items", "My Swaps", and a "**< Back**" button. The sidebar menu is identical to the previous screenshot. The main content shows the "TOFU SCRAMBLE" image, its category ("Vegan"), average rating ("★ ★"), and a description ("Americas favourite hearty classic vegan breakfast recipe. Spiced to perfection with peppers, beans, onions, and mushrooms for a perfect savoury brunch."). A red box highlights the instruction "Select an item from your available swaps" and lists two options: "OATS COOKIE" and "VEGGIE BURGER". A yellow "Confirm Swap" button is at the bottom.

The rating can be changed for any item in the user's "my item" by simply clicking on the item, which will take them to a rating page to change the rating according to their liking.

Welcome, user2

Sign Out | My Items | My Swaps

Home

Categories

About

Home > Categories > Cookie

Contact Us

OATS COOKIE

Category :Gluten Free

Average Rating : ★ ★ ★

These Soft and Chewy Oatmeal Raisin Cookies are super soft, thick, and loaded with oats and raisins.

Rate the item :

1
2
3
4
5

Submit

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The items that have been swapped are available in the "My Swaps" page. Here the action can be undo, by clicking on the withdraw button.

Welcome, user2

Sign Out | My Items | My Swaps

Home > My Swaps

Swap Healthy Recipes

Item	Swap Offer
VEGGIE BURGER	TOFU SCRAMBLE

Withdraw

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The about and contact us page provide basic information about the website.



Welcome, user2

[Sign Out](#) | [My Items](#) | [My Swaps](#)

Home > About Us

Home

Categories

About Welcome! A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition.

Contact Us There is more than one way to eat healthfully and everyone has their own eating style. Make healthier choices that reflect your preferences, culture, traditions, and budget. Choose fruits, vegetables, grains, dairy, and protein foods to get the most nutrition and meet your personal calorie needs.

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Welcome, user2

[Sign Out](#) | [My Items](#) | [My Swaps](#)

Home > Contact Us

Home

Categories

About

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